

Food Price Sheets

* denotes store brand price		*							
			Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package		Price Per Serving/Slice
MILK GROUP									
Cheese									
Bleu	*		5 oz	ounce	5	1 oz	\$3.99		\$0.80
Cheddar	*		8 oz	ounce	8	1 oz	\$2.99		\$0.37
Colby	*		8 oz	ounce	8	1 oz	\$2.99		\$0.37
Cottage Cheese			1 lb	ounce	4	1/2 cup	\$3.99		\$1.00
Cream Cheese (Philadelphia)	*		8 oz	ounce	8	1 oz	\$2.49		\$0.31
Mozzeralla			32 oz	ounce	32	1/3 cup	\$5.99		\$0.19
Parmesean, Shredded	*		6 oz	ounce	6	1/4 cup	\$3.99		\$0.67
Parmesean, Grated			16 oz	ounce	91	2 tsp	\$9.49		\$0.10
Parmesean, Block			8 oz	ounce	8	1 oz	\$5.49		\$0.69
Processed American	*		12 oz	ounce	16	1 slice	\$2.99		\$0.19
Processed Swiss	*		12 oz	ounce	12	1 oz	\$3.99		\$0.33
Swiss	*		16 oz	ounce	16	1 oz	\$4.99		\$0.31
Romano			6 oz	ounce	6	1/4 cup	\$3.64		\$0.61
Velveeta			32 oz	ounce	32	1 oz	\$5.99		\$0.19
Ricotta			15 oz	ounce	12	1/4 cup	\$3.79		\$0.32
Feta Cheese	*		4 oz	ounce	3.5	1/4 cup	\$3.99		\$1.14
Milk									
2% Milk	*		1 gal.	gallon	16	1 cup	\$2.49		\$0.16
Whole Milk	*		1 gal.	gallon	16	1 cup	\$2.49		\$0.16
Buttermilk	*		1 pint	pint	2	1cup	\$1.19		\$0.60
Dry Buttermilk			12 oz	ounce	15	4 T	\$3.98		\$0.27
Dry Powdered Milk	*		9.6 oz	ounce	12	1/3 cup	\$4.49		\$0.37
Evaporated Milk			12 oz	fluid ounce	12	2 T	\$1.85		\$0.15
Sweetened Condensed Milk	*		14 oz	fluid ounce	10	2 T	\$2.99		\$0.30
Sour Cream			1 lb.	pound	15	2 T	\$2.99		\$0.20
Whipping Cream	*		1 pint	fluid ounce	32	1 T	\$3.69		\$0.12
Half & Half	*		1 pint	fluid ounce	16	2 T	\$1.99		\$0.12
Yogurt (plain)	*		32 oz	ounce	4	1 cup	\$2.79		\$0.70
Frozen Dairy Products									
Ice Cream									
Name Brand			1.75 qt.	quart	14	1/2 cup	\$5.99		\$0.43
Store Brand	*		1.75 qt.	quart	14	1/2 cup	\$2.99		\$0.21

Sherbert		4 qt.	quart	32	1/2 cup	\$6.49	\$0.20
Cool Whip (Non Dairy Whipped Topping)							
Regular (small size)		8 oz	ounce	25	2 T	\$1.99	\$0.08
Regular (large size)		16 oz	ounce	50	2 T	\$3.29	\$0.07
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
MEAT GROUP							
Fresh Meat and Cured Meat							
Bacon		16 oz	ounce	9	2 slices	\$3.99	\$0.44
Chicken Legs		Varies	pound	Varies	1 leg	\$2.25	\$2.25
Chicken Breast (Fresh)		2 Breasts = 1 lb	pound	4	1 Breast	\$6.25	\$1.56
Frozen		64 oz	ounce	8	1 Breast	\$11.99	\$1.50
Whole Frvr		5 lbs	pound	6	1 piece	\$5.68	\$0.95
Ground Beef .93/7		1.4 lbs	pound	5	4 oz	\$6.99	\$1.40
Ground Beef .90/10		1.06 lbs	pound	4	4 oz	\$4.23	\$1.06
Ground Beef .80/20		1.31lbs	pound	5	4 oz	\$4.57	\$0.91
Ground Pork		16 oz	ounce	4	4 oz	\$3.49	\$0.87
Ground Turkey		1.29 lbs	pound	4	4 oz	\$3.80	\$0.95
Sausage Links		12 oz	ounce	4.5	3 Links	\$3.99	\$0.89
Sausage, bulk		16 oz	ounce	8	2 oz	\$4.29	\$0.54
Cube Steak		1.53 lbs	pound	4	1 steak	\$7.63	\$1.91
Pepperoni (Hormel Brand)		3.5 oz	ounce	1.5	15 slices	\$2.79	\$1.86
Canadian Bacon (Hormel Brand)		6 oz	ounce	1	1 pcka	\$3.99	\$3.99
Salami		8 oz	ounce	8	5 oz	\$3.99	\$0.50
Prosciutto		8 oz	ounce	3	1 oz	\$5.29	\$1.76
Wafer Thin Lunch Meat		8 oz	ounce	6	56 a	\$4.49	\$0.75
Round Steak		1 lb	pound	4	4 oz	\$4.99	\$1.25
Chuck Steak		1 lb	pound	4	4 oz	\$4.99	\$1.25
Sirloin Steak		1lb	pound	4	4 oz	\$5.49	\$1.37
T-Bone Steak		1lb	pound	4	4 oz	\$9.99	\$2.50
Ham, Sliced		32 oz	ounce	32	1 slice	\$6.79	\$0.21
Pork Chops (loin)		1lb	pound	4	4 oz	\$3.99	\$1.00
Pork Shoulder Roast		1 lb	pound	4	4 oz	\$3.99	\$1.00
Pork Butt Roast		4 lbs	pound	16	4 oz	\$10.62	\$0.66
Hot Dogs							
Store Brand		16 oz	ounces	8	1 frank	\$1.79	\$0.22
Ball Park Brand		16 oz	ounces	8	1 frank	\$3.79	\$0.47
Pork Tenderloin		1 lb	pound	4	4 oz	\$4.99	\$1.25
Whole Turkey		10 lbs	pound	53	3 oz	\$22.99	\$0.43
Frozen Shrimp, medium, tail on		12 oz	ounces	11	4 shrimp	\$7.49	\$0.68

		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
Canned Meat							
Spam		12 oz	ounce	6	2 oz	\$3.35	\$0.56
Chicken (Tyson)		.5 oz	ounce	2	2 oz	\$2.19	\$1.10
Tuna	*	12 oz	ounce	5	2 oz	\$3.39	\$0.68
Shrimp, medium, deveined		4 oz	ounce	2	2 oz	\$6.79	\$3.40
Clams, chopped		6.5 oz	ounce	3.5	2 oz	\$2.75	\$0.79
Crab		6 oz	ounce	2	2 oz	\$2.59	\$1.30
Chili Con Carne		15 oz	ounce	2	1 cup	\$1.75	\$0.88
Nuts							
Peanuts							
Whole, salted		1 lb.	pound	16	1 oz	\$4.49	\$0.28
Dry Roasted	*	16 oz	ounce	16	1 oz	\$3.29	\$0.21
Pecans							
Whole	*	16 oz	ounce	16	1 oz	\$9.99	\$0.62
Chopped	*	8 oz	ounce	8	1/4 cup	\$5.79	\$0.72
Chips	*	2 oz	ounce	2	1 oz	\$2.29	\$1.15
Walnuts	*	16 oz	ounce	16	1 oz	\$7.25	\$0.45
Sunflower Seeds, no shells	*	7.5 oz	ounce	8	1 oz	\$1.99	\$0.25
Almonds							
Whole	*	9 oz	ounce	9	1 oz	\$4.49	\$0.50
Sliced		6 oz	ounce	6	1/4 cup	\$4.69	\$0.78
Slivered		6 oz	ounce	6	1/4 cup	\$4.69	\$0.78
Pine Nuts		2.25 oz	ounce	2	1/4 cup	\$2.79	\$1.40
Cashews	*	32 oz	ounce	32	1 oz	\$14.99	\$0.47
Peanut Butter (Jif)		40 oz	ounce	40	2 T	\$12.19	\$0.30
Eggs							
Eggs - Large AA		1 doz.	count	12	1 egg	\$1.19	\$0.10
Imitation Egg Product							
Name: __Egg Beaters__		32 oz	ounce	15	1/4 cup	\$6.99	\$0.47
Name: Best of Egg		16 oz	ounce	8	1/4 cup	\$3.99	\$0.50
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
VEGETABLES							
Fresh Vegetables							
Broccoli		2 med = 1 lb.	pound				\$2.29
Cabbage		1/2 head = 1 lb.	pound				\$0.69

Carrots		5 lbs	pound					\$2.99
Baby Carrots		16 oz	ounce					\$1.99
Cauliflower		1/2 head = 1 lb.	pound					\$2.99
Celery		5 m stalks = 1 lb.	pound					\$0.99
Cucumber - Regular		1	count					\$0.99
English Cucumber		1	count					\$1.79
Green Pepper		1 lb	pound					\$0.69
Red Penner		2 m = 1 lb	pound					\$1.99
Jalepeno Pepper		1 lb	count					\$0.99
Lettuce - Iceberg		1	count					\$0.99
Leaf Lettuce								
Green Leaf		1	count					\$1.49
Red Leaf		1	count					\$1.49
Romaine		1	count					\$1.49
Cilantro		1/4 lb	bunch					\$0.50
Parslev - regular		1/4 lb	bunch					\$0.69
Mushrooms		8 oz	ounce				\$2.19	\$4.38/lb
Onion								
Yellow		1 m = 1 lb	pound					\$0.69
White		1 m = 1 lb	pound					\$0.99
Red		1 m = 1 lb	pound					\$1.29
Green		1/4 lb	bunch					\$0.99
Bulk Garlic		1	count					\$0.50
Shallots		4 lg = 1 lb	pound					\$2.99
Potato (Russet)		1 lg = 1 lb	pound					\$0.99
Potato (Red)		2 m = 1 lb	pound					\$0.99
Sweet Potato		1 lbs	pound		1		\$1.07	\$1.07
Radishes		1 lbs	bunch					\$1.29
Tomato		2 m = 1 lb	pound					\$0.99
Cherry Tomatoes		1 1/4 pka = 1 lb	count					\$1.99
Grape Tomatoes		10 oz.	ounce				\$3.49	\$3.49
Zuchinni		3 m = 1 lb	pound					\$1.49
Yellow Squash		2 m = 1 lb	pound					\$1.99
Spinach, Fresh		9 oz	ounce	30	4 cups		\$2.99	\$0.10
Brussel Sprouts		20 = 1 lb	pound					\$3.49/lb
Snap Peas		8 oz	ounce				\$2.99	5.98/lb
Snow Peas		120 peas = 1 lb	pound					\$5.49/lb
		Size of Package	Ap Unit of Measure	Servings Per Package	Serving Size		Price Per Package	Price Per Serving/Slice
Canned Vegetables								
Tomato Sauce	*	29 oz	ounce	13	1/4 cup		\$1.65	\$0.13

Tomato Paste		12 oz	ounce	10	2 T	\$2.15	\$0.22
Tomatoes, Whole		28 oz	ounce	7	1/2 cup	\$1.95	\$0.28
Tomatoes, dice		14.5 oz	ounce	3.5	1/2 cup	\$2.19	\$0.63
Tomatoes, pureed		29 oz	ounce	13	1/4 cup	\$1.33	\$0.10
Corn		15 oz	ounce	3.5	1/2 cup	\$1.89	\$0.54
Mushrooms		8 oz	ounce	3	1/2 cup	\$2.55	\$0.85
Green Beans		14.5 oz	ounce	3.5	1/2 cup	\$1.45	\$0.41
Kidney Beans		16 oz	ounce	3.5	1/2 cup	\$1.45	\$0.41
Chili Beans		30 oz	ounce	6.5	1/2 cup	\$2.19	\$0.34
Pork 'n Beans		15	ounce	3.5	1/2 cup	\$1.15	\$0.33
Olives, Black							
Whole		6 oz	ounce	11	4 olives	\$2.35	\$0.21
Sliced		3.8 oz	ounce	7	2 T	\$3.29	\$0.47
Chopped		4.25 oz	ounce	8	1 1/3 T	\$2.89	\$0.36
Olives, Green		7 oz	ounce	13	2 olives	\$3.65	\$0.28
Potato Flakes		15.3 oz	ounce	20	1/3 cup	\$2.69	\$0.13
Refried Beans		16 oz	ounce	3.5	1/2 cup	\$1.75	\$0.50
Green Chiles							
Whole		27 oz	ounce	18	1 chile	\$6.19	\$0.34
Chopped		7 oz	ounce	25	2 T	\$1.99	\$0.08
Pumpkin		15 oz	ounce	3.5	1/2 cup	\$1.89	\$0.54
Frozen Vegetables							
Broccoli		20 oz		6	2 spears	\$3.49	\$0.58
Broccoli, chopped	*	16 oz	ounce	5	3/4 cup	\$1.99	\$0.40
Cauliflower	*	20 oz		7	4 pieces	\$2.79	\$0.40
Corn	*	32 oz		10	2/3 cup	\$2.79	\$0.28
Potatoes:							
French Fries		28 oz		9	3 oz	\$3.99	\$0.44
Shredded		32 oz		11	3 oz	\$3.99	\$0.36
Hash Browns		32 oz		11	3 oz	\$3.99	\$0.36
Tator Tots		32 oz		10	4 pieces	\$3.49	\$0.35
Spinach		10 oz	ounce	3.5	1/3 cup	\$1.39	\$0.40
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
FRUITS							
Fresh Fruits							
Apple:							
Granny		3 m = 1 lb	pound				\$1.69
Red Delicious		3 m = 1 lb	pound				\$1.49
Gala		3 m = 1 lb	pound				\$1.49

Braeburn		3 m = 1 lb	pound					\$1.99
Banana		3 m = 1 lb	pound					\$0.59
Grapefruit		1 m = 1 lb	pound					\$0.99
Lemon		3 m = 1 lb	pound					\$1.99
Lime		1	count					\$0.33
Orange		2 m = 1 lb	pound					\$1.99
Pineapple		1	count					\$3.99
Grapes		varies	pound					\$2.99
Cranberries		12 oz	ounce					\$3.29
Strawberries		16 oz	ounce					\$3.99
Blueberries		4.4 Oz	ounce					\$3.99
Blackberries		6 oz	ounce					\$4.99
Canned Fruit								
Applesauce	*	47 oz	ounce	10	1/2 cup	\$3.79		\$0.38
Fruit Cocktail		15 oz	ounce	3.5	1/2 cup	\$2.15		\$0.61
Mandarin Oranges		15 oz	ounce	3.5	1/2 cup	\$2.09		\$0.60
Pineapple:								
Chunk	*	20 oz	ounce	4.5	1/2 cup	\$1.89		\$0.42
Crushed	*	20 oz	ounce	4	1/2 cup	\$1.89		\$0.47
Sliced	*	20 oz	ounce	4	2 slices	\$1.89		\$0.47
Tidbits		20 oz	ounce	4.5	1/2 cup	\$2.39		\$0.53
Apple Pie Filling		21 oz	ounce	7	1/3 cup	\$4.29		\$0.61
Blueberry Pie Filling		21 oz	ounce	7	1/3 cup	\$1.73		\$0.25
Cherry Pie Filling		21 oz	ounce	7	1/3 cup	\$3.68		\$0.53
Peach Pie Filling		21 oz	ounce	7	1/3 cup	\$2.88		\$0.41
Frozen Fruit								
Blueberries		16 oz	ounce	3	3/4 cup	\$4.99		\$1.66
Raspberries:								
Without Sugar		16 oz	ounce	2.5	1 cup	\$7.49		\$3.00
With Sugar		12 oz	ounce	2.5	1 cup	\$4.99		\$2.00
Strawberries:								
Without Sugar		40 oz	ounce	8	1 cup	\$6.99		\$0.87
With Sugar (sliced)		15 oz	ounce	3	1/2 cup	\$3.99		\$1.33
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package		Price Per Serving/Slice
Juices								
Frozen								
Grape Juice		11.5 oz	fluid ounce	6	8 fl. oz.	\$2.79		\$0.47
White Grape Juice		11.5 oz	fluid ounce	6	8 fl. oz.	\$2.79		\$0.47
Orange Juice	*	16 oz	fluid ounce	8	1/4 cup	\$2.59		\$0.32
Lemonade	*	12 oz	fluid ounce	8	3 T	\$1.59		\$0.20

Limeade	*	12 oz	fluid ounce	8	3 T	\$1.59	\$0.20
Apple Juice		12 oz	fluid ounce	8	1/4 cup	\$2.59	\$0.32
Canned							
Apple Juice	*	64 oz	fluid ounce	8	8 fl oz	\$1.99	\$0.25
Tomato Juice	*	64 oz	fluid ounce	8	8 fl oz	\$3.89	\$0.49
Real Lemon Juice	*	32 oz	fluid ounce	189	1 tsp	\$3.89	\$0.02
Cranberry Juice	*	64 oz	fluid ounce	8	1 tsp	\$3.19	\$0.40
Lime Juice		15 oz	fluid ounce	88	1 tsp	\$3.09	\$0.04
Dried							
Raisins		24 oz	ounce	17	1/4 cup	\$4.59	\$0.27
Cranberries	*	6 oz	ounce	4	1/3 cup	\$3.59	\$0.90
Apples		6 oz	ounce	4	.5 oz	\$3.99	\$1.00
Sun Dried Tomatoes		8.5	ounce	24	2 tsp	\$4.99	\$0.21
		Size of Package	Ap Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
GRAIN GROUP							
Breads							
Hamburger Buns	*	12 oz	ounce	8	1 bun	\$1.19	\$0.15
Hot Dog Buns		11 oz	ounce	8	1 bun	\$1.19	\$0.15
Bread							
White		16 oz	ounce	11	2 slices	\$0.89	\$0.08
Multi Grain		20 oz	ounce	13	2 slices	\$4.39	\$0.34
Wheat		16 oz	ounce	11	2 slices	\$0.89	\$0.08
Corn Tortillas		11.5 oz	ounce	15	2 tortillas	\$2.49	\$0.17
Flour Tortillas		28 oz	ounce	12	1 tortilla	\$2.79	\$0.23
Preformed Taco Shells		4.6 oz	ounce	4	3 shells	\$2.59	\$0.65
English Muffins		20 oz	ounce	10	1 muffin	\$2.19	\$0.22
French Bread							
Fresh		16 oz	ounce	10	1.5 slices	\$1.59	\$0.16
Packaged		16 oz	ounce	14	1 slice	\$2.99	\$0.21
Refrigerator Biscuits							
Buttermilk	*	16 oz	ounce	8	1 biscuit	\$1.69	\$0.21
Flakv	*	16 oz	ounce	8	1 biscuit	\$1.69	\$0.21
Basic. Plain	*	16 oz	ounce	8	1 biscuit	\$2.29	\$0.29
Bread Crumbs							
Plain	*	15 oz	ounce	14	1/3 cup	\$2.69	\$0.19
Italian Seasoned	*	15 oz	ounce	14	1/3 cup	\$2.69	\$0.19
Pizza Crust - Boxed		3.85 oz	ounce	8	1/8 pcka	\$4.69	\$0.59
Pizza Crust - Refrigerated		13.8 oz	ounce	6	1/6 pcka	\$3.69	\$0.62

Pasta								
Macaroni - elbow		16 oz	ounce	8	1/2 cup	\$1.59		\$0.20
Spaghetti		16 oz	ounce	8	1/2 cup	\$1.59		\$0.20
Angel Hair		16 oz	ounce	8	1/2 cup	\$1.59		\$0.20
Linguini		16 oz	ounce	8	1/2 cup	\$1.59		\$0.20
Fettacini		16 oz	ounce	8	1/2 cup	\$1.59		\$0.20
Rotini		16 oz	ounce	8	1/2 cup	\$1.59		\$0.20
Egg Noodles		12 oz	ounce	6	1/2 cup	\$1.69		\$0.28
Lasagna Noodles								
Flat		9 oz	ounce	5	3 pieces	\$2.69		\$0.54
Regular		16 oz	ounce	8	2 pieces	\$2.19		\$0.27
Rice								
Instant	*	28 oz	ounce	18	1/2 cup	\$3.95		\$0.22
Long Grain	*	32 oz	ounce	20	1/4 cup	\$1.99		\$0.10
Medium Grain	*	32 oz	ounce	20	1/4 cup	\$1.79		\$0.09
Brown	*	32 oz	ounce	20	1/4 cup	\$2.49		\$0.12
Wild		8.8 oz	ounce	2	1 cup	\$2.35		\$1.18
Arborio Rice		32 oz	ounce	20	1/4 cup	\$5.09		\$0.25
Macaroni and Cheese (Kraft)		7.25 oz	ounce	3	1 cup	\$1.25		\$0.42
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package		Price Per Serving/Slice
Crackers								
Graham Crackers		14.4 oz	ounce	13	8 crackers	\$4.49		\$0.35
Graham Cracker Crumbs		13.5 oz	ounce	21	3 T	\$2.72		\$0.13
Saltines		16 oz	ounce	30	5 crackers	\$2.79		\$0.09
Croutons		6 oz	ounce	24	5 croutons	\$1.99		\$0.08
Ritz		12 oz	ounce	21	5 crackers	\$3.79		\$0.18
Flour								
All-Purpose		5 lbs	pound	75	1/4 cup	\$3.59		\$0.05
Whole Wheat		5 lbs	pound	75	1/4 cup	\$3.89		\$0.05
Cake Flour		2 lbs	pound	28	1/4 cup	\$3.69		\$0.13
Bread Flour		5 lbs	pound	76	1/4 cup	\$4.99		\$0.07
Self-Rising		5 lbs	pound	75	1/4 cup	\$3.59		\$0.05
Bisquick		60 oz	ounce	42	1/3 cup	\$5.85		\$0.14
Cornmeal		24 oz	ounce	25	3 T	\$2.35		\$0.09
Cereals								
Oatmeal		18 oz	ounce	13	1/2 cup	\$2.49		\$0.19
Wheat Germ		12 oz	ounce	26	2 T	\$4.69		\$0.18
Corn Flakes	*	18 oz	ounce	18	1 cup	\$2.59		\$0.14
Rice Krispies		18 oz	ounce	15	1 1/4 cup	\$3.99		\$0.27
Corn Chex		14 oz	ounce	17	1 cup	\$3.99		\$0.23

Wheat Chex	*	14 oz	ounce	8	1 cup	\$2.49	\$0.31
Rice Chex		12.8 oz	ounce	13	1 1/4 cup	\$3.99	\$0.31
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
OTHER FOODS							
Fats							
Margarine	*	1 lb	pound	32	1 T	\$1.09	\$0.03
Butter, Unsalted	*	1 lb	pound	32	1 T	\$3.99	\$0.12
Shortening, Crisco		3 lbs	pound	113	1 T	\$6.59	\$0.06
Vegetable Oil		64 oz	fl. oz.	128	1 T	\$5.85	\$0.05
Corn Oil		48 oz	fl. oz.	96	1 T	\$5.15	\$0.05
Canola Oil		64 oz	fl. oz.	126	1 T	\$8.99	\$0.07
Peanut Oil		24 oz	fl. oz.	47	1 T	\$6.45	\$0.14
Olive Oil		25 oz	fl. oz.	50	1 T	\$9.59	\$0.19
Sugar							
Brown		32 oz	ounce	192	1 tsp	\$2.83	\$0.01
Granulated	*	10 lbs	pounds	1133	1 tsp	\$6.19	\$0.005
Powdered (Confectioners)	*	2 lbs	pounds	30	1/4 cup	\$2.15	\$0.07
Corn Syrup		16 oz	fl. oz.	16	2 T	\$3.59	\$0.22
Molasses		12 oz	fl. oz.	24	1 T	\$3.49	\$0.15
Maple Syrup (Real)		12.5 oz	fl. oz.	6	1/4 cup	\$8.99	\$1.50
Honey		40 oz	fl. oz.	54	1 T	\$9.41	\$0.17
CONVENIENCE MIXES							
Cake Mix		18.25 oz	ounce	12	1/12 pcka	\$2.49	\$0.21
Cookie Mix		17.5 oz	ounce	18	3 T	\$2.50	\$0.14
Muffin Mix		16.5 oz	ounce	10	1/3 cup	\$3.29	\$0.33
Cornbread Mix		15 oz	ounce	16	1/4 cup	\$2.55	\$0.16
Brownie Mix		21 oz	ounce	20	1/20 pcka	\$3.39	\$0.17
Frosting Mix		16.2 oz	ounce	13	3 T	\$2.49	\$0.19
Frosting, Premade		12 oz	ounce	14	2 T	\$2.19	\$0.16
Dream Whip		5.2 oz	ounce	64	1/16 env	\$5.39	\$0.08
Pudding Mix, Jello, Instant		5.9 oz	ounce	6	1/6 pcka	\$1.95	\$0.33
Pudding Mix, Jello, Cook		4.6 oz	ounce	6	1/6 pcka	\$1.95	\$0.33
Jello, Fruit Flavored		3 oz	ounce	4	1/4 pckg	\$0.99	\$0.25
Gelatin (Knox, unflavored)		1 oz	ounce	16	1/4 env	\$1.99	\$0.12
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
MISCELLANEOUS							

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Barbecue Sauce		45 oz	ounce	35	2 T	\$5.19	\$0.15
Ketchup		64 oz	ounce	106	1 T	\$4.95	\$0.05
Mustard (prepared)		20 oz	ounce	113	1 tsp	\$3.45	\$0.03
Pickles							
Whole		46 fl oz	fluid ounce	22	1 pickle	\$4.29	\$0.20
Slices	*	24 fl oz	fluid ounce	13	1 oz	\$3.85	\$0.30
Mini's	*	16 oz	fluid ounce	10	1 oz	\$3.65	\$0.37
Spears		24 oz	fluid ounce	16	1 oz	\$3.29	\$0.21
Mavonnaise - Real		60 oz	ounce	120	1 T	\$9.79	\$0.08
Miracle Whip Salad Dressing		60 oz	ounce	64	1 T	\$8.69	\$0.14
Salad Dressing:							
Ranch (Hidden Valley)		36 oz	fl oz	36	2 T	\$7.29	\$0.20
1000 Island	*	24 oz	fl oz	24	2 T	\$3.99	\$0.17
Italian	*	16 oz	fl oz	16	2 T	\$3.19	\$0.20
Blue Cheese		16 oz	fl oz	16	2 T	\$3.64	\$0.23
French		16 oz	fl oz	16	2 T	\$3.64	\$0.23
Relish, sweet	*	24 oz	ounce	47	1 T	\$2.99	\$0.06
Relish, dill	*	10 oz	ounce	20	1 T	\$1.89	\$0.09
Pizza Sauce		14 oz	ounce	3	1/2 cup	\$2.19	\$0.73
Enchilada Sauce		28 oz	fl oz	13	1/4 cup	\$3.69	\$0.28
Vinegar	*	64 oz	fl oz	32	2 T	\$2.69	\$0.08
Sov Sauce		20 oz	fl oz	39	1 T	\$4.05	\$0.10
Chicken Broth	*	49.5 oz	fl oz	6	1 cup	\$3.19	\$0.53
Beef Broth	*	14 oz	fl oz	2	1 cup	\$1.29	\$0.65
Chicken Base		8	ounce	38	1 tsp	\$3.72	\$0.10
Beef Base		8	ounce	38	1 tsp	\$3.72	\$0.10
Chile Sauce		12 oz	ounce	20	1 T	\$3.39	\$0.17
Worcestershire Sauce	*	10 oz	fl oz	59	1 tsp	\$1.99	\$0.03
Lemon Juice	*	32 oz	fl oz	189	1 tsp	\$3.89	\$0.02
Hot Sauce		12 oz	fl oz	71	1 T	\$1.99	\$0.03
Sweet N Sour Sauce	*	14.5 oz	ounce	11	2 T	\$2.79	\$0.25
Balsmic Vinegar	*	16.9 oz	fl oz	33	1 T	\$5.60	\$0.17
Apple Cider Vinegar	*	32 oz	fl oz	64	N/A	\$2.36	\$0.04
Canned Soup							
Tomato	*	26 oz	ounce	6	1/2 c	\$1.59	\$0.27
Cream of Mushroom	*	26 oz	ounce	6	1/2 c	\$1.65	\$0.28
Cream of Chicken	*	26 oz	ounce	2.5	1/2 c	\$1.65	\$0.66
Cream of Celerv	*	10.75 oz	ounce	2.5	1/2 c	\$1.69	\$0.68
Taco Sauce		15 oz	ounce	26	1 T	\$2.99	\$0.12
Potato Chips - regular		11 oz	ounce	11	1 oz	\$3.49	\$0.32
Corn Chips - Fritos		9 1/4 oz	ounce	9	1 oz	\$2.89	\$0.32
Tortilla Chips		22 oz	ounce	22	1 oz	\$4.19	\$0.19

		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
MISCELLANEOUS (cont.)							
Chocolate Chips							
Semi-Sweet	*	12 oz	ounce	23	30 pieces	\$2.99	\$0.13
Milk Chocolate	*	11.5 oz	ounce	22	30 pieces	\$2.99	\$0.14
Butterscotch	*	11 oz	ounce	21	30 pieces	\$2.99	\$0.14
Peanut Butter		10 oz	ounce	19	1 T	\$3.45	\$0.18
White Chocolate		12 oz	ounce	24	1 T	\$3.19	\$0.13
Unsweetened Chocolate		4 oz	ounce	2.5	3 squares	\$3.29	\$1.32
Baker's Sweet Chocolate		4 oz	ounce	9	2 squares	\$3.99	\$0.44
Cocoa, unsweetened		8 oz	ounce	45	1 T	\$3.99	\$0.09
Marshmallows	*	16 oz	ounce	15	4 pieces	\$2.19	\$0.15
Coconut, shredded	*	14 oz	ounce	26	2 T	\$3.29	\$0.13
Bacon Bits, real		4.3 oz	ounce	17	1 T	\$4.29	\$0.25
Yeast		4 oz	ounce	16	25 oz	\$7.55	\$0.47
Coffee, instant		8 oz	ounce	120	1 tsp	\$5.99	\$0.05
Coffee, regular		33.9 oz	ounce	270	1 T	\$9.49	\$0.04
Oreo Cookies		1 lb. 2 oz	ounce	15	3	\$4.49	\$0.30
Graham Cracker Crumbs		13.5 oz	ounce	24	2 1/2 T	\$3.85	\$0.16
Graham Cracker Crust		6 oz	ounce	8	1/8 crust	\$2.59	\$0.32
Jelly							
Grape		48 oz	ounce	68	1 T	\$4.19	\$0.06
Apple	*	18 oz	ounce	26	1 T	\$1.26	\$0.05
Jam							
Strawberry		32 oz	ounce	45	1 T	\$3.32	\$0.07
Blackberry		18 oz	ounce	26	1 T	\$3.00	\$0.12
Peach (Preserves)		18 oz	ounce	26	1 T	\$1.73	\$0.07
		Size of Package	AP Unit of Measure	Servings Per Package	Serving Size	Price Per Package	Price Per Serving/Slice
SPICES							
Cornstarch		12 oz	ounce	34	1 T	\$2.29	\$0.07
Salt							
Regular		26 oz	ounce	491	1/4 tsp	\$0.59	\$0.001
Sea Salt		13.5 oz	ounce	225	1/4 tsp	\$8.49	\$0.04
Kosher		3 lbs.	pounds	633	1/4 tsp	\$3.90	\$0.006
Baking Soda		16 oz	ounce	806	1/8 tsp	\$1.19	\$0.001
Baking Powder		10 oz	ounce	472	1/8 tsp	\$2.55	\$0.01
Vanilla Extract							
Imitation		8 oz	fl. oz	48	tsp	\$2.89	\$0.06
Pure		4 oz	fl. oz	24	tsp	\$14.85	\$0.62

